



Digital Body Analysis Scale

Style 63048

Arena 180



Operating Instructions

OPERATING INSTRUCTIONS

It is advisable to read through the Instructions before attempting to operate the Scale. Ignoring certain procedures may give incorrect readings.

OPERATING MODES

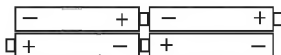
This body analysing scale has two operating modes:-

1. **WEIGHING ONLY**
2. **BODY ANALYSIS to measure your body fat, water, muscle, bone content, BMI and recommended daily calorie intake.**

*[*Personal data must be set for this function. This scale is able to store data including gender, male or female athlete, height and age for 10 people].*

Preparing your scale

1. Before attempting to use your Arena180, please remove all packaging.
2. Purchase four AAA alkaline batteries and insert them into the battery compartment underneath the scale. Make sure the positive (+) and negative (-) terminals correspond with the markings inside. Then replace the battery compartment cover.



3. Next select the unit measure for Kilograms (kg), Stone Pounds (St:lb) or Pounds (lb). Activate the scale first by firmly tapping on its platform, then press the 'UNIT' button found underneath for the options.



4. Place the scale on a hard, flat, even surface. Do not use on carpets, rugs or even chair mats as the scale will not give you accurate readings.

WEIGHING ONLY

1. Firmly tap the centre of the scale platform with your foot to turn it on.
2. The screen will display '88:88' and then '0.0'
3. Gently step onto the scale making sure your feet are evenly apart, your weight is distributed evenly between your feet and you stand perfectly still. Movement, leaning backward or forward and not standing evenly will affect the accuracy of the weight displayed.
4. Your weight will then flash up on the screen
5. The scale turns off automatically if left idle.

'0.0' indicates that the scale is ready for measuring.



Overloading

If the scale is overloaded (over 180kg / 397lb / 28st), 'ERR' appears on the display. Remove the weight immediately or damage to the scale may occur.

Low Battery Indicator

If you see 'LO' on the display screen, the batteries must be replaced. Remember, always use fresh, good quality batteries of the same or equivalent type.

BODY ANALYSIS

*Entering personal data for body analysis
(the digits P0 - P9 represent each of 10 users).*

TOUCH SENSOR KEY FUNCTIONS



Power on for a body analysis reading; menu select; confirm



Scroll up to select



Scroll down to select

An audible 'beep' sounds to confirm each action

1. Turn the scale on by pressing the 'SET' key.
2. At the bottom left of the screen you will see a personal user number flashing (if the number stops flashing, press 'SET' again).
3. Use the arrow keys to scroll through to choose a personal number (you can do this only when the number is still flashing).
4. The digits P0 - P9 represent each of 10 users. Remember this number for future reference. You might want 'P0' for yourself, your partner might like 'P1', your son 'P2', daughter 'P3' etc. Press the 'SET' to 'lock' it in.

5. Next, you will see the Gender/Athlete symbol flashing.

You have four options:-

Use the arrows to make your selection, then press 'SET' to 'lock' it in.



Male



Female Athlete



Male Athlete



Female

An "Athlete" is defined as a person involved in approximately 12 hrs of intense physical activity per week and who has a resting heart rate of approximately 60 beats per minute or less. The Athletic body has greater muscle mass and tends to be more dehydrated than the standard adult body, and will result in a higher body fat reading if measured in standard adult mode.

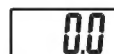
6. Next to program will be your age (10 - 80yrs). Use the arrows to enter your age, then press 'SET' to 'lock' it in.
7. Last to program is your height (100 - 240cm). Use the arrows to select your height, then press 'SET' to 'lock' it in. (If 'kg' was chosen as the measurement unit, your height will be shown in 'cm'. If 'stone pounds' or just 'pounds' were chosen, your height would display in feet and inches).
8. The programming of personal data is now completed. The scale then 'zeroes' indicating it is ready for use. You may step on it for a body analysis reading...or
9. You may continue to enter data for another user or modify data (eg when you have a birthday) by repeating Steps 1 - 7. Remember that each other person must have a different personal user number.

*** You cannot delete any personal number from the scale; you can only re-program information in. The scale is pre-set with the age 30 and height of 170cm.**

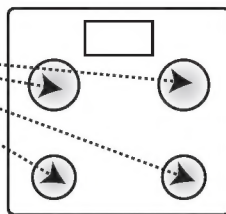
Weighing to analyse your body fat, water, muscle, bone content, body mass index (BMI) & recommended calories to maintain current body composition

*To ensure successful analysis, **shoes, socks or stockings MUST be removed** when using the scale*

1. Turn the scale on by firmly tapping the platform centre with your foot.
2. The scale displays '0.0'. Immediately scroll the arrows to find your personal user number. **DO NOT press 'SET'**
3. The scale displays your pre-programmed personal details and then 'zeroes' ready for use

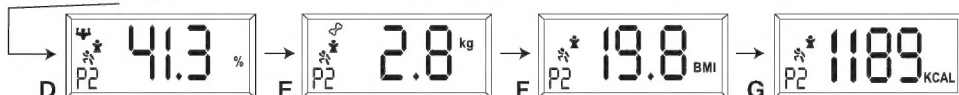
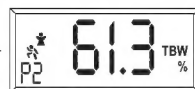


4. Gently step onto the scale. Note that your bare feet **MUST** be centred over and on the electrodes (round metal discs) for an effective reading. Your weight will then flash on the screen.
5. Continue to stand still for your other information to be displayed, which will be in this order:- Body fat, water, muscle percentage, bone weight, BMI, followed by the recommended daily calorie intake to maintain this body composition. This will be displayed 2 times sequentially.
6. The scale automatically turns off after that



These electrodes allow a very low electrical impulse (which cannot be felt) to pass through the body. The scale applies Bioelectrical Impedance Analysis (BIA) to compute the measurements.

*Example only
of display
sequence*



Error Indication

'Err2' indicates that body analysis has been unsuccessful. If this occurs, start the process again or refer to 'Frequently asked questions' on Page 7

'FATL' means that body fat content is less than 5%.

'FATH' means that body fat is more than 75%

LAST RESULT RECALL FUNCTION

After measuring weight, fat, water, muscle, bone, BMI and calories, the scale automatically stores the data into memory

1. To view these results, tap to turn the scale on and use the arrow keys to select your personal user number (**DO NOT press 'SET'**). The scale will sequentially display your last recorded measurements.



2. It will then 'zero' ready for use again.

3. When you measure yourself again, the scale will record the new results which will replace the old data.

SPECIFICATIONS

Tempered glass platform; LCD with backlight illumination; Touch sensor keys with audible 'beep' alert

Capacity - 180kg / 397lb / 28st; Graduation - 0.1kg / 0.1lb

Body fat percentage range 5 - 75%; Graduation 0.1%

Water percentage range 20 - 70%; Graduation 0.1%

Muscle range 15 - 75%; Graduation 0.1%

Bone weight range 1 - 11.7kg / 2.2 - 25.8lb

Age range 10 - 80 years

Height range 100 - 240cm / 3'3" - 7'2"; Graduation 1cm / 1"

Athlete mode

Recommended calories required to maintain current body composition

Results recall

Powered by 4 x AAA batteries

REFERENCE TABLE

Body Fat %									
Female	Under Fat	Healthy	Over Fat	Obese	Male	Under Fat	Healthy	Over Fat	Obese
AGE					AGE				
12 - 20	< 18	18 - 28	28 - 33	> 33	12 - 20	< 15	15 - 21	21 - 26	> 26
21 - 42	< 20	20 - 30	30 - 35	> 35	21 - 42	< 17	17 - 23	23 - 28	> 28
43 - 65	< 21	21 - 31	31 - 36	> 36	43 - 65	< 18	18 - 24	24 - 29	> 29
66 - 100	< 22	22 - 32	32 - 37	> 37	66 - 100	< 19	19 - 25	25 - 30	> 30

Body Water %				
AGE	Female	Male	Corresponding Hydration Level	
< 30	66.0 - 59.9	66.0 - 60.5	Optimal Hydration	
	59.8 - 56.4	60.4 - 57.1	Slight Hydration	
	56.3 - 53.0	57.0 - 53.6	Moderate Hydration	
	52.9 - 48.6	53.5 - 50.2	Dehydration	
	48.5 - 37.8	50.1 - 37.8	Severe Dehydration	
> 30	66.0 - 55.0	66.0 - 59.1	Optimal Hydration	
	54.9 - 51.6	59.0 - 55.7	Slight Hydration	
	51.5 - 48.1	55.6 - 52.3	Moderate Hydration	
	48.0 - 44.7	52.2 - 48.8	Dehydration	
	44.6 - 37.8	48.7 - 37.8	Severe Dehydration	

Muscle %		
Female	Male	
> 34%	> 40%	Moderate

Bone mass normal reading					
Female	Body Weight	Bone Weight	Male	Body Weight	Bone Weight
	Below 45kg	> 1.8kg		Below 60kg	> 2.5kg
	45 - 60kg	> 2.2kg		60 - 75kg	> 2.9kg
	Over 60kg	> 2.5kg		Over 75kg	> 3.2kg

Body Mass Index (BMI chart)			
Under weight	Healthy	Over weight	Obese
< 18.5	18.5 - 24.9	25.0 - 29.9	30 - 39

The recommended daily calorie consumption displayed is for maintaining current body composition only. It is not a recommendation of calories required to lose or gain weight, as this will vary with how much weight you want to lose or gain and your exercise level.

1 kilocalorie = 4.19 kilojoules; 1 kilojoule = 0.24 kilocalories

The data tabled were gained by sampling and are only for reference.

If you have any questions about your health, please consult your doctor.

IMPORTANT:

If your body fat exceeds 75%, this scale cannot process any of the body analysis functions.

In this case, use the scale for weighing only until body fat is reduced to below 75% of total weight.

WARNING

Do not use this product if you have a pace maker or other internal electronic devices. Artificial joints may contribute to a skewed reading but the scale can still be safely used.

Using the scale whilst pregnant:

Whilst there is no known, documented health risk, we would advise pregnant women to use the body analysis scale for weighing only and use the full range of body analysis functions after delivery of the baby.

BMI is defined as the key index for relating a person's body weight to their height and correlates strongly (in adults) with total body fat content. It is a widely used diagnostic tool to identify weight problems and associated health risks. Some muscular people may have a high BMI without undue health risks. BMI = Body weight in kilograms ÷ height in meters squared.

BATTERY WARNING

- Non-rechargeable batteries are not to be recharged.
- Only batteries of the same or equivalent type are to be used.
- Batteries are to be inserted with the correct polarity.
- Remove exhausted batteries from the product.
- Remove batteries from the battery compartment when not in use.
- Never throw batteries in a fire or attempt to open up their outer casing.

BATTERY WARNING:

INTERNAL BURNS / CHOKING HAZARD

Swallowing batteries may lead to serious injury or death (severe burns can occur within 2 hours).

IMMEDIATELY SEE A DOCTOR

Emergency Telephone Numbers

AUSTRALIA 000 NEW ZEALAND 111

Poisons Information Centre

AUSTRALIA 13 1126 NEW ZEALAND 0800 764 766

KEEP BATTERIES OUT OF REACH OF CHILDREN

Dispose of batteries immediately and responsibly

Why measure Body Fat and Water?

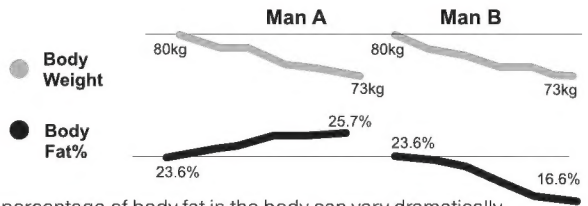
Obesity is the excess accumulation of fat in the body. Ordinary weighing scales will show if a person is heavy, but not if they are obese. For example, a heavy sports person probably has a higher proportion of muscle to fat in their body and is not obese. To judge obesity, the amount of body fat needs to be measured.

Losing weight can make you fatter! Men A & B in the chart below, were the same height and had the same body fat percentage when they started to diet on a health programme. Each lost a total of 7 kilograms.

Although the results appear identical, Man A simply cut the number of calories he ate. He lost weight, but his body fat percentage increased - he is actually 'fatter'.

Man B combined cutting calories with an exercise program. He lost the same amount of weight as Man A but more importantly, his body fat dropped.

As shown in the accompanying tables, the percentage of body fat in the body can vary dramatically depending on gender & age.



About Body Fat, Water, Muscle, Bone Mass Measurement, BMI and recommended daily calorie consumption

The Arena 180 Scale applies Bioelectrical Impedance Analysis (BIA) for measuring. In simple terms, a low electrical impulse (which cannot be felt) is sent through the body. It passes easier through fluids in muscle tissue & blood than through fat tissue, which has a higher electrical resistance. Using a formula and the information on your gender, height, age and your calculated weight, the scale is able to compute your body fat, water, muscle and bone mass content and the amount of calories required to maintain current body composition.

Proper hydration is essential for maintaining a healthy body and a good level of energy and concentration. It is commonly accepted that if you feel thirsty, your body is already mildly dehydrated and you need to drink some fluid, preferably water. Monitoring your body water percentage helps you maintain a good level of hydration.

The bone mass reading is an estimate of the calcium content in the bones. It is not a precise medical figure and is only meant to give an indication of bone mass.

BMI is defined as the key index for relating a person's body weight to their height and correlates strongly (in adults) with total body fat content. It is a widely used diagnostic tool to identify weight problems and associated health risks. Some muscular people may have a high BMI without undue health risks.

The recommended daily calorie consumption displayed is for maintaining current body composition only. It is not a recommendation of calories required to lose or gain weight, as this will vary with how much weight you want to lose or gain and your exercise level.

Using a Body Analysis Scale

To get the most accurate readings, please take into account the following points:

- Take measurements more than 3 hours after waking up in the morning. During sleep in the prostrate position, water distribution changes in the body, so that electrical resistance in the arms & legs increases. Some movement is required after waking up to give a stable water distribution in the body.
- Take measurements more than 3 hours after a meal. It takes 2 to 3 hours for a meal to be digested and distributed in the body.
- Excessive drinking and eating causes the amount of water in the body to increase above the normal level, so take measurements more than 24 hours later.
- Excessive drinking of alcohol or excessive exercise will cause dehydration, so also take measurements more than 24 hours later.
- If the flesh of the legs touch together, a short circuit could result, so the user needs to put some thin form of insulation between the legs to make sure the current goes right up the legs & into the body.
- With the scale being used by many different people, it is advisable to wipe the foot pads clean with methylated spirits between each user.

In general, it is best to measure your body fat, water, muscle and bone percentage in the evening, preferably wearing only underwear, and without having partaken of excessive eating and drinking, alcohol consumption and exercise beforehand. Ensure that you make repeated measurements under the same conditions.

Frequently asked questions

Q Is the Body Analysis scale safe to use if you have a medical device or implant?

A Persons with pacemakers or other electronic medical implants should not use the scale. Persons with non-electronic medical implants may safely use the scale. Any metallic implant in your body could affect the body fat reading, giving a slightly lower than normal reading. However, since the metal will continue to have the same effect on the reading each time you use the scale, you can still use it to successfully track the relative change in body fat over time.

Q My scale displays 'Err' when I stand on it to weigh myself

A1 You might be standing on the scale before '0.0' is displayed. When the scale is switched off, quickly and firmly tap the centre of the scale platform with your foot to activate it. Wait a few seconds, then '0.0' will display. You should then stand on the scale – never stand on the scale before '0.0' appears.

A2 The 'Err' message will also display if the weight on the scale exceeds the scale's capacity which is 180kg / 397lb / 28st. Remove the load immediately to prevent damage to the scale.

Q My scale displays 'Err2' when I stand on it to get my body fat reading

A1 Once you have entered your personal data and you wish to find out your body analysis (ie. body fat, body water, BMI, bone mass etc.), you must stand on the scale barefooted, with no shoes, socks or stockings. Ensure your feet are correctly aligned with the stainless steel electrodes on the platform. If your feet are not positioned correctly on the electrodes or if you do not have bare feet, the scale will display 'Err2' and then switch off.

A2 Another reason could be that your feet are very dry or you have cracked heels. Consequently there is insufficient contact between your feet and the electrodes and conduction is not taking place. Moisten your feet slightly with a warm face washer before you step onto the scale or use after a warm bath or shower. This will help the pulse go through to measure your body composition. Ensure you remove any excess water from the scale to prevent slipping or water entering inside the scale causing damage.

A3 A 'short circuit' also results if the flesh of your thighs touch. Place some thin form of insulation (like a piece of paper or cardboard) between to ensure the current goes right up the legs and into the body.

Q My scale has erratic differences in weight.

A If you are using the scale on carpet or a flexible floor material such as a chair mat, it will show different, inaccurate weights due to the instability of the floor. Please ensure you place the scale on a flat and level, solid surface.

Q The display on my scale is blank, even after I have changed the batteries

A Ensure that the battery cover is tightened and closed securely. If the cover is not closed securely, it means that the batteries are not in place correctly. If your scale is using 'AA' or 'AAA' batteries, you must ensure they are inserted in the compartment with the terminals facing the correct direction. If you are not sure how to do this, please follow the markings inside. The scale will not receive power if battery installation has not been completed properly.

Q My scale displays 'Lo'

A The batteries need to be replaced. Replace with a fresh set of new batteries. Do not mix old and new batteries.



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